

# Pete's Pizza

**Makes:** 48 servings

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Ingredients	Weight	Measure
English muffins, whole grain, halved		24
Tomato or spaghetti sauce		12 cups
Broccoli, finely chopped		6 cups
Lima beans, black beans, or Northern beans		12 cups
Red peppers, diced		3 cups
Onions, diced		3 cups
Mozzarella cheese, part-skim		6 cups
Oregano		12 tsp

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	116	
Total Fat	2 g	
Protein	6 g	
Carbohydrates	20 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	258 mg	

## Directions

1. Preheat oven to 400°F.
2. Split English muffins. Pre-toast lightly if desired.
3. Add toppings in order listed.
4. Bake for 10 minutes.

## Notes

Serving Tips:  
Experiment by using different leftover vegetables. You can also top this pizza with chicken instead of beans.